

DISCOVER YOUR BEST SELF

INSIGHT AND SKILLS TRAINING GROUP FOR TEENS, AGES 15-18

- *Explore your inner world through art, journaling, symbols, and other imaginative activities*
- *Learn practical strategies to help you stay grounded and resilient in dealing with the pressures and stress of school, family, friends, and social media*
- *Better understand the connections between your thoughts and feelings in a safe supportive space*
- *Find your true best self while understanding the different social masks you sometimes wear*



Wednesdays 6-7:30 pm



The Center for Transpersonal
Therapy
5801 Fashion Blvd suite 250,
Murray Ut, 84107



Facilitated by Kate Tolsma LCSW

EXPLORE. CREATE. CONNECT